

ABSTRACT

- **Title of work:** Education and eating habits of adolescent girls.
- **Aim of work:** Due to a survey find out and compare the eating habits of adolescent girls based on their education.
- **Method:** Survey.
- **Results:** Students of the grammar school with less knowledge of well-balanced diet are close to the principles of the work in comparison with students of other types of schools. Grammar school students also spend more time by doing physical exercises. Due to these facts they have the lowest value of BMI.
- **Key words:** Grammar School, Adolescence, Eating Habits, BMI, Physical Exercises, Diet, Survey.